



Summertime Social BINGO

Join Live Sweet Sounds of Summer Cardio Drumming Class on 7/1 (or watch recording)	Fashion Fun! Wear Tie Dye on Friday's	Summer Social! Join any Social Club throughout the month	Be Mindful! Join a Live or Watch an On-Demand Yoga or Tai Chi Class	Forever Young! Join an Ageless Grace Class!
Early Bird! Join the 1st LIVE class of the day	Self Assess! Take all 5 My Wellness Assessments	Read it!! Join Live Book Club: Remarkably Bright Creatures on 7/22	Be Kind! Do any random act of kindness Ex: Hold open the door for someone	Rate it! Rate & leave a comment on any LIVE or On Demand class
Better Balance! Join a Live or On-Demand Balance Class	Cook it! Join Live Cooking Club: Elote Pasta Salad on 7/8		Hydrate! Watch Summer Sips On-Demand Education Video	Workout Buddy! Take an On-Demand Buddy Bootcamp Class with a Friend
Back to Back! Take 2 back-to-back exercise classes	Consistency is Key! Join 3 Classes in a Week!	Remember it! Join Live Name That Tune Brain Game on 7/24	Weekend Warrior! Try an On-Demand Workout or Education Video on the Weekend	Make it! Join Live Art Club: Tie Dye Socks on 7/15
Brain Game! Join Live Summer Vacation Trivia on 7/31	Move & Recall! Join Memory in Motion on 7/17	Join Live Beach Ball Bash Chair Aerobics Workout Class on 7/29	Step it up! Join a LIVE or On-Demand Walk this Way class	Wind Down! Try the last LIVE class of the day